



## Pecan-Crusted Catfish

*A healthier alternative to deep-fried catfish, the pecan coating adds a great crunch while still keeping close to its southern roots.*

**Yield:** 4 servings

### Ingredients

- 1 egg
- 2 tablespoons water
- 4 catfish fillets (6 ounces each)
- 1/2 cup whole wheat flour
- 1/2 teaspoon of salt
- 1/2 teaspoon pepper
- 1 cup of pecans, chopped finely
- 2 tablespoons extra-virgin olive oil



### Directions

1. Mix egg and water together in a large glass baking dish and let fish soak in it while preparing the rest of the ingredients.
2. Spread flour on a sheet of wax paper, stir in salt and pepper, using a fork to blend. Spread pecans on another large sheet of wax paper.
3. Heat oil in large skillet or cast iron pan.
4. Take each fish fillet out of egg mixture and dip one side into flour, gently shaking off excess. Lay the other side onto chopped pecans, pressing nuts into the fillet.
5. Place fillets nut side down in pan. Fry about 2 minutes, or until golden brown. Carefully turn over each fillet and finish cooking, 4-6 minutes or until center is opaque and fish flakes easily.

### Nutrition Information

Calories: 468, Fat: 32g, Sodium: 377mg, Carbohydrates: 15g, Fiber: 1g; Protein: 32g

### BREADING TECHNIQUE

This recipe uses a technique called “**breeding**” or “**crumbing**” which means to coat foods with ingredients such as breadcrumbs, seeds and in this case, chopped pecans, before pan-frying or baking. This coating helps seals in the juices and creates a crunchy, golden-browned exterior. It can be used on meats, fish, and even some vegetables.